



Meeting 3

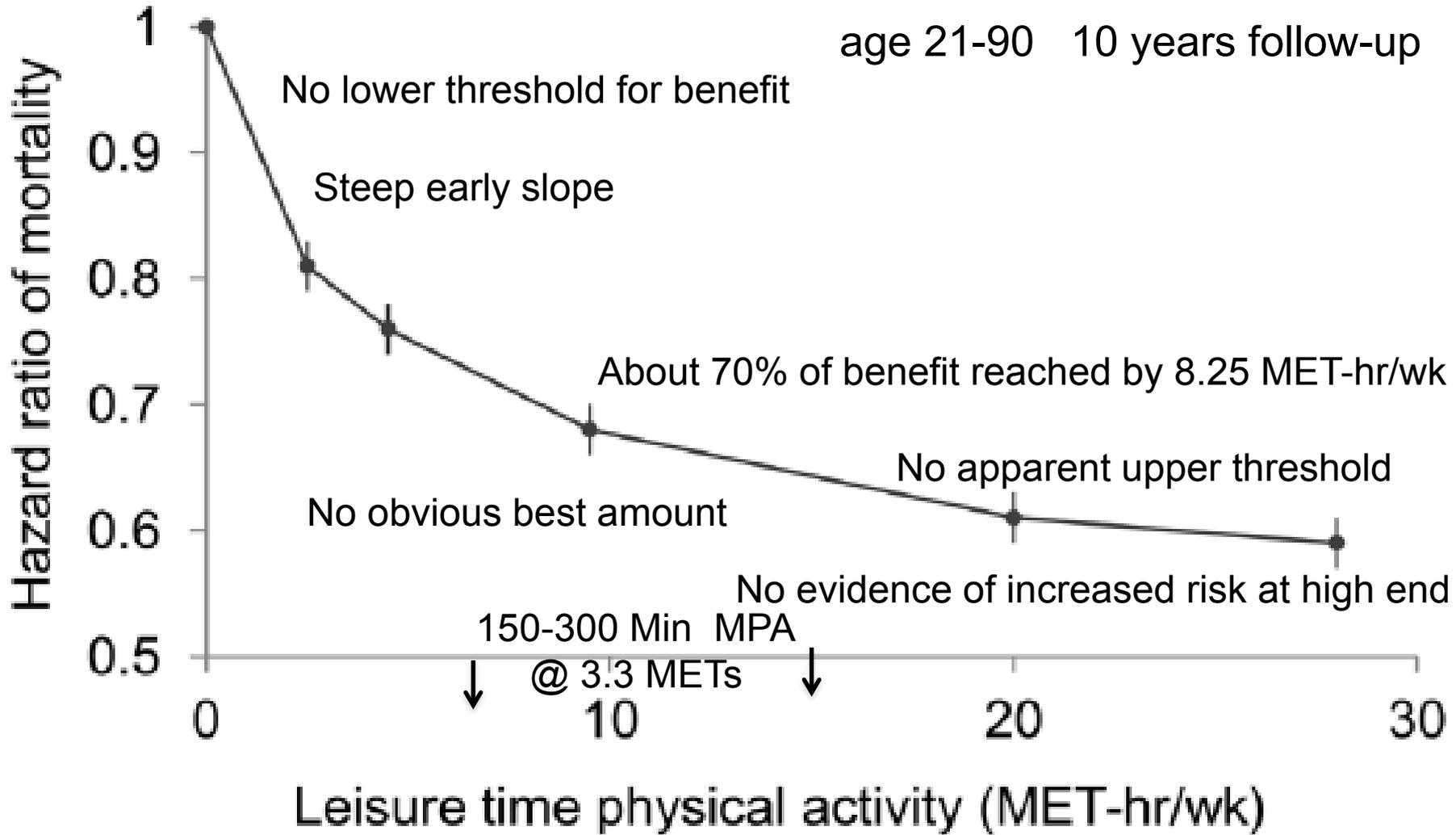
# **Determining Physical Activity Guidelines Targets: Views from Chairing the 2008 PAGAC**



# Figure 1

654, 827 Men & Women, 82,465 deaths

age 21-90 10 years follow-up

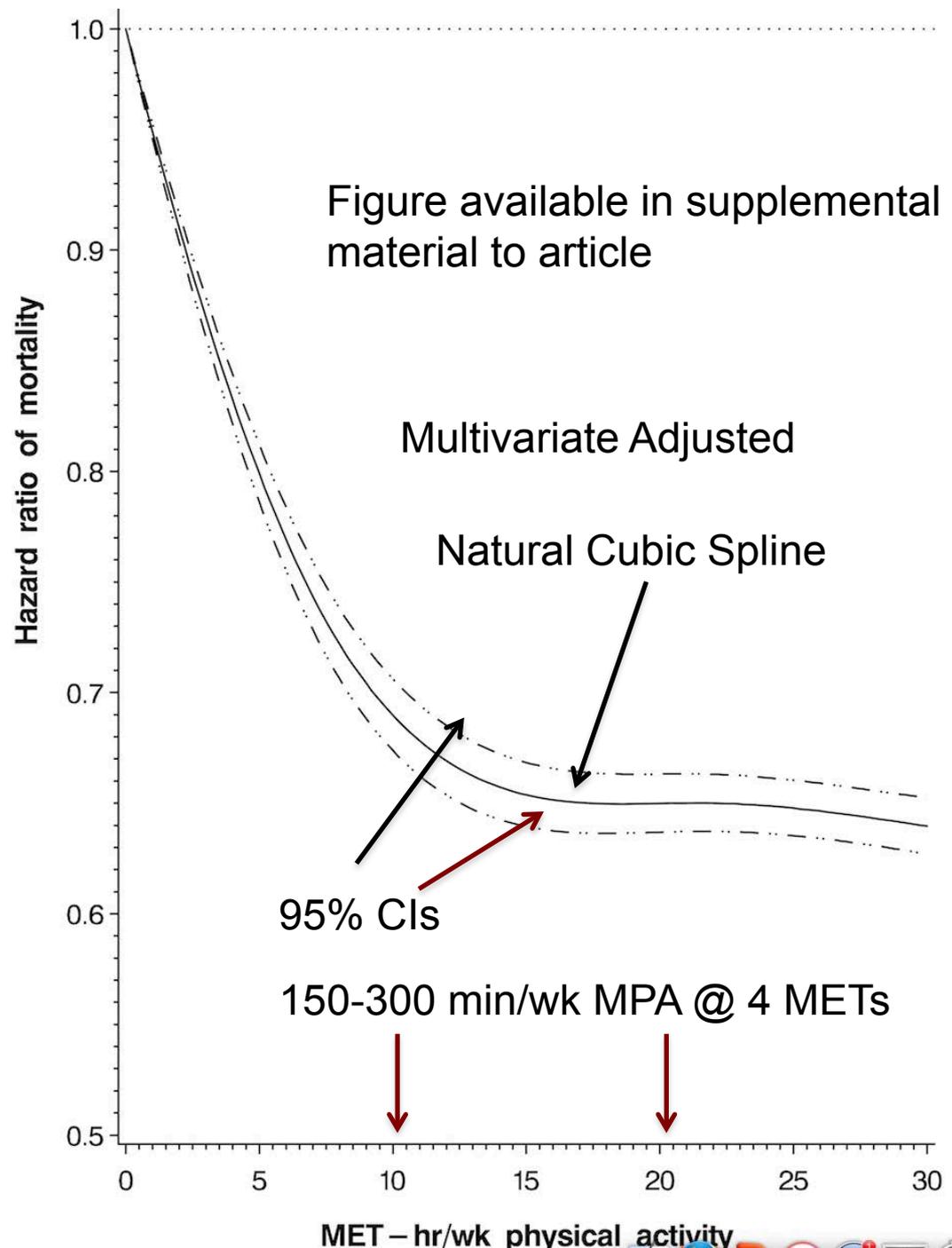


# Figure 2

Moore, et al. PLOS  
Medicine, November 6,  
2012

Leisure Time Physical  
Activity of Moderate to  
Vigorous Intensity and  
Mortality: A Large Pooled  
Cohort Analysis

N = 654,827  
Deaths 82,000  
Women = 56%  
Median Age = 61 years  
Follow-up median yrs = 10  
Median MET-hrs/wk = 8  
Ref. Group (0 METs) = 7.7%



# Figure 3

## Risk of selected health events by hours/week of moderate to vigorous physical activity

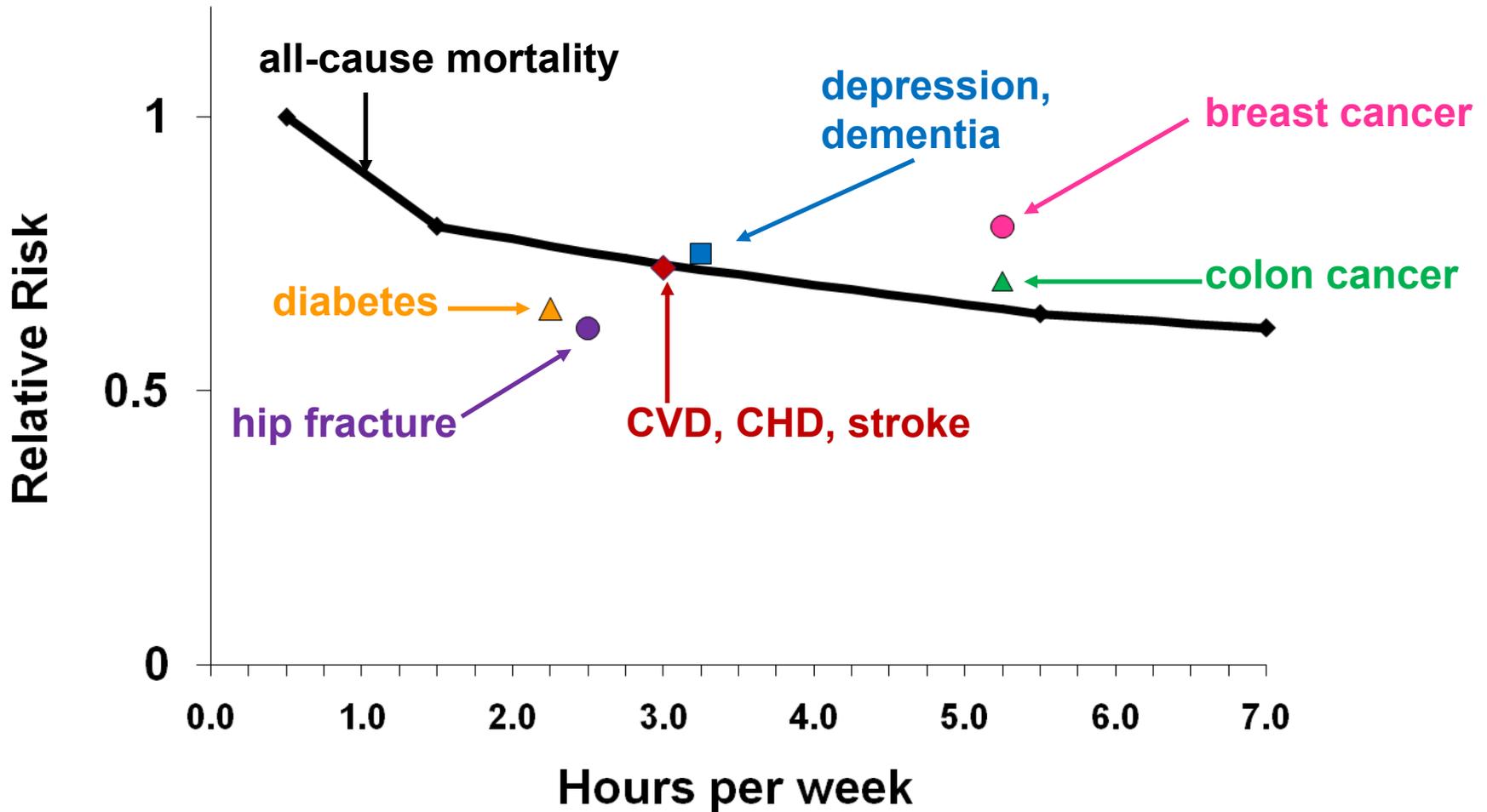


Figure 4

## How best to describe the amount of PA recommended by this guideline?

- A. Is it the minimal amount of activity to obtain health benefit?
- B. Is it the amount of activity that provides maximal benefit?
- C. Is it the amount of activity that provides optimal benefit?
- D. A “public health target” where many adults achieve substantial benefit

